

So You Want to be a Sex Expert?

- Dr. Yvonne K. Fulbright

I regularly get asked how one goes about becoming a sexologist. Unlike the field of medicine, for example, there is no clear-cut yellow brick road to becoming a sexologist. The path to becoming a sex expert is rough terrain, not easily navigated since there aren't a lot of training opportunities out there. That said, what you want to do in the field of sexology exactly will determine the types of degree(s) you should pursue.

There are no undergraduate programs in sexology in the U.S. (there's one on Montreal, Quebec). If you're looking to be a sex educator or sex therapist, getting a Bachelor's in a liberal arts field, like psychology, or health field, e.g., health education, is one place to start. Many people aren't considered official sex experts until they get at least a Master's degree in the field or a related field with adequate specialized training. There are a handful of graduate programs with concentrations in sex education or therapy throughout the U.S.

Since getting a degree in sexology can be limiting, a lot of people go for graduate degrees in related fields - nursing, social work, clinical psychology, marriage and family therapy... Many of these tracks specialize in sex therapy or lead to sex therapy certification. Going for a related field will also make for a lot more job and income opportunities later since you don't see too many job postings that advertise for sexologists. (Sometimes, too, the public has an easier time swallowing advice from somebody in one of those fields because they aren't as "sexy," if that makes any sense.)

Another thing to consider (I get a lot of questions about this as well): if you're looking to strictly work with the media as a sex resource, then a degree in sex may not be the way to go. It's tough to break into the media as a writer. Most people who write about sex have a background in communications or journalism, often because they've started from the bottom up in that industry or know somebody. They legitimize their articles by quoting and consulting with sexologists. It depends on which role you want to play in educating the public about sexuality matters.

For more information on becoming a credentialed sexologist and studying sexuality (and where), check out my upcoming co-authored e-guide "The Ultimate Guide to Sexuality Information, Education and Sexual & Reproductive Health Resources." Best of luck in your endeavors!

Yvonne K. Fulbright, Ph.D., M.S.Ed. - Originally from Iceland, sexologist, sex educator, and relationship expert Dr. Yvonne K. Fulbright is the author of several books, including *Touch Me There! A Hands-On Guide to Your Orgasmic Hot Spots* and *The Better Sex Guide to Extraordinary Lovemaking*. Regularly featured in media outlets worldwide, Dr. Yvonne is the "sexpert" columnist and sex expert for Foxnews.com, a regular contributor to disaboom.com, and a professor of human sexuality at Argosy

University. She founded Sexuality Source, Inc., a communications and consulting organization specializing in the topics of sex, sexual health, sensuality, and relationships in 2004. For more information on Dr. Yvonne, her projects, and services, visit www.sexualitysource.com.